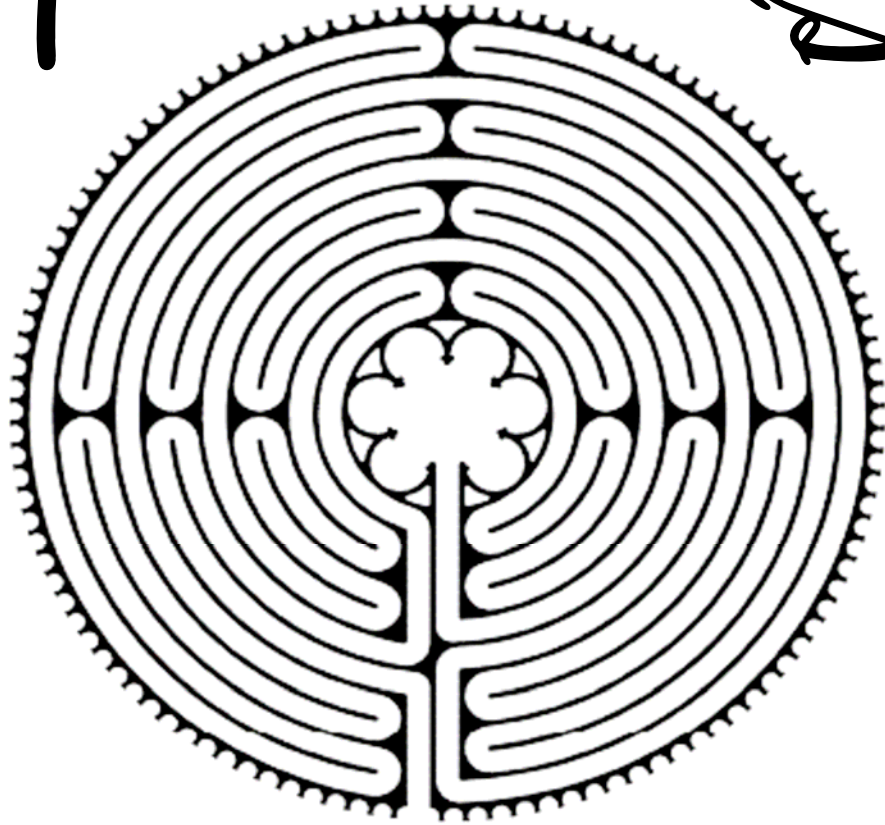


# **HEALTH SERVICES**

SUN 120 ♦ 410-777-2480 ♦ [bamays@aacc.edu](mailto:bamays@aacc.edu)

# Resources



Anne Arundel Community College

101 College Parkway Arnold, Maryland 21012-1895 410-777-AACC (2222)

**This is AACC.**

# FREE! "CPR Anytime"

American Heart Association 20 minute Non-certificate CPR Training

## CALL



**CALL 911**

# ADULT CPR

## BLOW



**TILT HEAD,  
LIFT CHIN,  
CHECK  
BREATHING**



**GIVE TWO  
BREATHS**

## PUMP



**POSITION  
HANDS IN THE  
CENTER OF  
THE CHEST**



**FIRMLY  
PUSH DOWN  
TWO INCHES  
ON THE CHEST  
30 TIMES**

**CONTINUE WITH TWO BREATHS  
AND 30 PUMPS UNTIL HELP ARRIVES**

**Learn CPR** is a free public service supported by the University of Washington School of Medicine. Learn the basics of CPR - cardiopulmonary resuscitation. Updated with new CPR Guidelines issued by the American Heart Association and published in *Circulation*, Dec. 13, 2005.

Please print this guide, cut it out, pin it to your wall, Xerox it for a friend or place a copy in your purse or wallet as a reminder of the basic steps of CPR!

<http://depts.washington.edu/learncpr/>

Images reproduced with permission  
*Basic Life Support for Healthcare Providers*  
Pages 4-6, 4-7 & 4-10 2. Figures #6, 8, 14A & 14B.  
copyright 1997, American Heart Association

This is a free guide it is an informational resource, and cannot replace real CPR or first aid training. Please try to attend a CPR training course in your community and help save a life.

***Are you uninsured or underinsured?  
Do you need medical care  
or a physical?***

**THE  
GOVERNOR'S  
WELLMOBILE  
*Is coming to AACCC!!!***

The Wellmobile is a clinical learning site for University of Maryland students in the undergraduate, graduate and doctoral programs offered at the School of Nursing. These students will come to Arnold campus & provide low cost health care to AACCC staff and students on Mondays from 1-5 p.m.

**\$10 Medical Visit**

**\$20 Physical**

**Contact AACCC Health Services for day, location,  
hours of operation, and appointments**

**410-777-2480**

**Student Union Room 120**

**[bamays@aacc.edu](mailto:bamays@aacc.edu)**

# **\*CAMPUS MEDICAL EMERGENCIES\***

Contact the Department of Public Safety @ 410-777-1818  
Public Safety will notify the nurse on duty and 911

## **HEALTH SERVICES HOURS**

Monday – Friday 8:30 am – 4:30 pm  
Additional evening hours during the Spring & Fall semesters

## **HEALTH SERVICES LOCATION**

Health Services is conveniently located in the Student Union building room 120, between the Dining Hall and the College Store

## **FREE SERVICES**

Blood Pressure Screening  
First Aid  
Health Information and Counseling  
Health Insurance Information  
Medical/Mental Health Referrals  
Non-prescription medications  
PPD testing for Health Professions  
Wellness displays and events  
Tobacco Cessation- Limited Hours

## **ANNUAL EVENTS**

Blood Drives  
November- Flu Immunization Clinic  
December- Annual Craft Show & Sale Fundraiser  
March- American Cancer Society Daffodil Days Fundraiser  
April- Annual Health Fair

## **MISCELLANEOUS**

### **STRESS-LESS ROOM– Student Union Room 125!**

Human Touch Technology Massage Chair, Aromatherapy, Low Lighting, Meditation/Guided Imagery CDs and DVDs...

### **FREE!“CPR Anytime”**

American Heart Association 20 minute  
Non-certificate CPR Training

## **FOR MORE INFORMATION**

Tel. 410-777-2480 ♦ email [bamays@aacc.edu](mailto:bamays@aacc.edu) ♦ [www.aacc.edu/healthservices](http://www.aacc.edu/healthservices)

## Table of Contents

	<b>Page</b>
<b><i>Health Insurance and Health Care Coverage Resources</i></b>	
Health Care Coverage.....	6
Individual Insurance Policies .....	6
Student Insurance Policies .....	8
<b><i>Health &amp; Wellness Services</i></b>	
Free, low cost, sliding scale Prescriptions .....	9
Low cost, sliding scale Dental Services .....	9
Free, low cost, sliding scale Medical Services.....	10
Free, low cost, sliding scale Mental Health Services .....	12
Free, low cost, sliding scale Women’s Health Services .....	12
Specialized Services .....	14
Homeless Services.....	15
<b><i>Hotlines</i></b>	
National Hotlines .....	16
Local Hotlines .....	18

# ***Health Insurance and Health Care Coverage***

## **Maryland Insurance Administration Consumer Guide to Health Insurance**

[www.mdinsurance.state.md.us/documents/CGHealth-06-07-temp-web.pdf](http://www.mdinsurance.state.md.us/documents/CGHealth-06-07-temp-web.pdf)

A free print copy of this booklet may be obtained by contacting the Maryland Insurance Administration at 1-800-492-6116

### **HEALTH CARE COVERAGE**

#### **Anne Arundel County Department of Health**

#### **REACH (Residents Access to a Coalition of Health)**

[http://aahealth.org/commhlth\\_reach.asp](http://aahealth.org/commhlth_reach.asp)

**Phone: 410-222-4531 or 410-222-4532**

**Espanol: 410-222-7023**

Anne Arundel County Department of Health and the Anne Arundel County Medical Society, Inc. have partnered with community doctors and other health care providers to offer low cost health care services through the **REACH** Program.

### **INDIVIDUAL INSURANCE POLICIES**

#### **Aetna Life Insurance Company**

Aetna Advantage Plans

2201 Renaissance Blvd.

P.O. Box 61516

King of Prussia, PA 19406-9573

1-800-MY-Health

[www.aetna.com/members/individual.html](http://www.aetna.com/members/individual.html)

#### **CareFirst BlueChoice, Inc.**

(formerly Capital Care, Inc.)

10455 Mill Run Circle

Owings Mills, MD 21117

410-356-8000 or 1-800-544-8703

[www.carefirst.com](http://www.carefirst.com)

#### **CareFirst of Maryland, Inc.**

(trading as CareFirst BlueCross BlueShield)

10455 Mill Run Circle

Owings Mills, MD 21117

410-356-8000 or 1-800-544-8703

[www.carefirst.com](http://www.carefirst.com)

#### **Celtic Insurance Company**

Sears Tower

233 South Wacker Drive, Suite 700

Chicago, IL 60606-6393

312-332-5401

[www.celtic-net.com](http://www.celtic-net.com)

**Coventry Health and Life Insurance Company**

Little Falls Center II  
2751 Centerville Road, Suite 400  
Wilmington, DE 19808-1627  
[www.cvty.com](http://www.cvty.com)

Contact: MaryBeth Bendel at Coventry Health Care of Delaware, Inc.  
6310 Hillside Court, Suite 100  
Columbia, MD 21046  
1-866-212-5305 X7159  
[mxquerrero@cvty.com](mailto:mxquerrero@cvty.com)

**Fortis Insurance Company**

P.O. Box 624  
Milwaukee, WI 53201-0624  
1-800-553-7654, Ext. 3465  
[www.fortishealth.com](http://www.fortishealth.com)

**Golden Rule Insurance Company**

7440 Woodland Drive  
Indianapolis, IN 46278-1719  
1-800-444-8990  
[www.goldenrule.com](http://www.goldenrule.com)

**Group Hospitalization & Medical Services, Inc.**

(trading as CareFirst BlueCross BlueShield)  
10455 Mill Run Circle  
Owings Mills, MD 21117  
410-356-8000 or 1-800-544-8703  
[www.carefirst.com](http://www.carefirst.com)

**Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.**

KPMAS Membership Accounting  
P.O. Box 6306  
Rockville, MD 20849-6306  
301-816-6700 or 1-800-777-7902  
[www.kaiserpermanente.org](http://www.kaiserpermanente.org)

**Mega Life and Health Insurance Company**

Customer Service Department  
P.O. Box 982010  
North Richland Hills, TX 76182-8010  
1-800-527-5504  
[www.megainsurance.com](http://www.megainsurance.com)

**Optimum Choice, Inc. (Corporate Headquarters)**

4 Taft Court  
Rockville, MD 20850  
301-838-5681 or 1-800-544-2853 ext. 5900  
[www.mamsi.com](http://www.mamsi.com)

## **CONTACTS FOR SPECIFIC REGIONS**

Anne Arundel Charlesanna Harvin 443-716-1120 or 1-800-297-1352  
130 Admiral Cochrane Drive, Suite 101  
Annapolis, MD 21401

Baltimore Vicki Hall 410-581-7550 or 1-800-272-5577  
10045 Red Run Blvd., Suite 320  
Owings Mills, MD 21117

Hagerstown Kelly Witmer 301-745-3261 or 1-800-335-9141  
1850 Dual Highway, #205  
Hagerstown, MD 21740

Rockville Joe Torchia 301-545-5900  
4 Taft Court  
Rockville, MD 20850

Salisbury Ryan Gordon 443-260-0876 or 1-800-336-6934  
2009 Northwood Drive  
Salisbury, MD 21801

### **Physicians Mutual Insurance Company**

2600 Dodge Street  
Omaha, NE 68131-2671  
**Contact:** Gary Robinson, Agent 410-879-4574  
112 South Main St., Suite 100  
Bel Air, MD 21014-3818  
[www.physiciansmutual.com](http://www.physiciansmutual.com)

### **United American Insurance Company**

P.O. Box 8080  
McKinney, TX 75070-8080  
**Contact:** Ann Braswell, Vice President of Policy Service  
972-529-5085  
[www.unitedamerican.com](http://www.unitedamerican.com)

## **STUDENT INSURANCE POLICIES**

### **American Campus Insurance Series**

<http://www.aacc.edu/healthservices/healthinsurance.cfm> **American Campus Insurance Series**  
<http://www.visitsrc.com/>

Student accident and sickness insurance. This brochure can be viewed online using the policy number available from Health Services (410-777-2480)

### **Student Insurance**

<http://www.studentinsuranceagency.com/>

Student injury and sickness insurance plans.

## **Health & Wellness Services**

### **FREE/LOW COST/SLIDING SCALE PRESCRIPTIONS**

#### **Anne Arundel County Department of Health Prescription Discount Program**

Available to **ALL** Anne Arundel County Residents, use Group #586

[www.scriptsave.com](http://www.scriptsave.com)

#### **Peoples Community Health Center**

**Phone: 410-467-6040**

[www.Peopleschc.org](http://www.Peopleschc.org)

People's offers substantially discounted medications to its uninsured patients through a relatively unknown benefit called the "340b drug program" available to Federally Qualified Health Centers and Veteran Administration organizations. They also have access to free pharmaceuticals for chronic conditions, which are renewed in three-month increments

#### **Wal-Mart & Sam's Club Pharmacy**

<http://www.walmart.com/catalog/catalog.gsp?cat=546834&fromPageCatId=5431>

Wal-Mart & Sam's Club offer over 300 different \$4 prescription drugs (up  
(You do not need to be a Sam's Club member to use their pharmacy)

To view a printable list of qualifying drugs <http://i.walmart.com/i/if/hmp/fusion/genericdruglist.pdf>

To learn facts about a specific drug [http://www.walmart.com/pharmacy/drug\\_info\\_search.jsp](http://www.walmart.com/pharmacy/drug_info_search.jsp)

### **FREE/LOW COST/SLIDING SCALE DENTAL SERVICES**

#### **Annapolis Outreach (Stanton) Center**

Stanton Community Center

92 West Washington Street Annapolis, MD 21401

**(443) 481-3599**

FREE dental care, **appointment necessary.**

#### **Baltimore College of Dental Surgery Dental School**

**General Information: 410-706-7101**

**Adult Care: 410-706-7102**

**Children: 410-706-4213**

Dental and dental hygiene students provide the majority of the treatment, supervised by faculty engaged in teaching, research and patient care.

<http://www.dental.umaryland.edu/patientinfo/>

#### **Peoples Community Health Center**

**Phone: 410-467-6040**

[www.Peopleschc.org](http://www.Peopleschc.org)

Greenmount Avenue Baltimore

#### **Dental Services**

Complete Palliative and Restorative Care (fillings, cleanings, extractions, etc.)

Dentures

Dental X-Ray on site

Root Canals and other minor surgical interventions

## FREE/LOW COST/SLIDING SCALE MEDICAL SERVICES

### **Annapolis Outreach (Stanton) Center**

Stanton Community Center  
92 West Washington Street Annapolis, MD 21401  
**(443) 481-3599**  
**FREE** medical care, **appointment necessary.**

### **Anne Arundel County Department of Health**

Free and sliding fee scale services; for a full list of resources & services go to:  
<http://aahealth.org/index.asp>

#### **HIV/AIDS** FREE Anonymous Testing

Phone: 410-222-7108

#### **Sexually Transmitted Diseases** Referral & Treatment

Phone: 410-222-7108

#### **Women, Infants and Children (WIC)** Program

Phone: 410-222-6797

#### **Family Planning**

Phone: 410-222-7144

Comprehensive birth control services and supplies Free pregnancy testing

#### **Maternity Services and Pregnancy Testing**

410-222-7381 Annapolis Health Center  
410-222-6625 North County Health Services  
FREE Pregnancy Testing

#### **Men's Health Services**

Phone: 410-222-4468  
Sliding scale Health Services for young men up to 24 years of age  
North County Health Services 410-222-6625  
Parole Health Center 410-222-7247

#### **Reproductive Health Services**

Phone: 410-222-7145  
Pregnancy planning, pre-conception counseling, contraceptive methods information, health education, physical examinations, Pap tests, breast examinations, STD information and free pregnancy testing.

#### **Adolescent Health Services**

Phone: 410-222-4468  
For young women and men under 20 years of age.  
Annapolis Health Center 410-222-7381  
North County Health Services 410-222-6625  
Parole Health Center 410-222-7247

#### **Women's Health Services**

Annapolis Health Center 410-222-7381  
North County Health Services 410-222-6625  
Parole Health Center 410-222-7247

### **Anne Arundel Family Health Center**

**410-467-6040**

5517 Ritchie Highway Baltimore, MD 21225

Sliding scale medical care, appointment preferred.

### **Governors Well Mobile**

**1-866-228-9668**

FREE medical clinic

Harundale Mall Value City Parking Lot

Aquahart Rd

Glen Burnie, MD 21061

Thursdays beginning at 10:00 am

### **Minute Clinic**

**410-727-4002 (call for services, fees, and hours)**

<http://www.minuteclinic.com/en/USA/>

Walk in, no appointment needed; visits take approximately 15 minutes.

Certified Family Nurse Practitioners and Physician Assistants evaluate, diagnose and recommend treatments, including appropriate prescriptions for common family illnesses. Covered by most insurance plans

**Annapolis CVS** 2601 Riva Rd Annapolis

**Bowie Plaza CVS** 6920 Laurel Bowie Road (Bowie Plaza)

**Millersville CVS** 8124 Veterans Highway

### **Peoples Community Health Center**

**Phone: 410-467-6040**

[www.Peopleschc.org](http://www.Peopleschc.org)

People's offers medical, mental health and dental services, assistance in obtaining social service benefits, bus tokens and occasionally taxi service, and assistance with specialty referrals and follow-up. For uninsured patients they have access to free pharmaceuticals for chronic conditions, which are renewed in three-month increments, and they assist in reducing lab fee costs when possible.

Acute and Episodic Care for all Illnesses

Specialized Diabetes Management Program

Hypertension Management

Chronic Disease Management

Smoking Cessation

HIV/AIDS Diagnosis and Treatment

Complete STD Diagnosis and Treatment

Employment Physicals

Screening Services for TB, High Blood Pressure, Pregnancy

Walk-in service is available for urgent care at the following locations, but calling ahead is advised.

3011 & 3028 Greenmount Avenue Baltimore

5225 York Road Baltimore

5117 Ritchie Highway Brooklyn

808 N. Franklinton Road Baltimore

1111 Washington Boulevard Baltimore

1734 Maryland Avenue Baltimore

8341 Pioneer Drive in Severn

1301 N. Fulton Street Baltimore

## FREE/LOW COST/SLIDING SCALE MENTAL HEALTH SERVICES

### **Anne Arundel Abuse Counseling Center**

**410-571-8341 or 410-974-6760**

45 Old Solomons Island Road #204 Annapolis, MD 21403

Free counseling services for up to one year for: Victims of actual or attempted rape, sexual assault, and sexual abuse, child and adolescent victims of physical, sexual, or emotional abuse and neglect, Adult survivors of physical, sexual, or emotional child abuse and neglect, family members and partners of victims.

### **Anne Arundel Community College Counseling, Advising, and Retention Services (CARS)**

**410-777-2307 option 1 or internally at ext. 6307**

CARS offers short-term counseling to help students solve non-clinical personal problems that may interfere with their academic and career goal achievement. Masters-level trained counselors and social workers provide these services and make referrals to external mental health agencies or practitioners, as necessary, and faculty members are encouraged to refer students to CARS. CARS also offers crisis intervention in accordance with the College's Emergency Response Plan.

### **Anne Arundel County Department of Health**

#### **Mental Health & Addictions**

**Adult Addictions Services 410-222-7428**

**Adolescent and Family Services 410-222-6785**

**Addictions treatment 410-222-6725**

Adult Addictions Services, Community Treatment Services, Adolescent and Family Services.

### **Community Warmline**

**410-768-5522**

**Hours:** 24 hours a day, 7 days a week

"Community Warmline" provides Anne Arundel County Residents in crisis with supportive assistance and links to community resources.

### **Peoples Community Health Center**

**Phone: 410-467-6040**

[www.Peopleschc.org](http://www.Peopleschc.org)

#### **Mental Health**

Individual Therapy

Family Counseling

Group Therapy opportunities available

#### **Addictions Services**

Harm Reduction

Drug Free Maintenance

Parole and Probation required services including urinalysis

Group Therapy opportunities available

Buprenorphine administration for detoxification

### **Pro Bono Counseling Project**

**323-5800**

131 West Quadrangle

Baltimore, MD 21210

## FREE/LOW COST/SLIDING SCALE WOMEN'S HEALTH SERVICES

### **Anne Arundel County Department of Health**

Free and sliding fee scale services; for a full list of resources & services go to:  
<http://aahealth.org/index.asp>

#### **Women, Infants and Children (WIC) Program**

Phone: 410-222-6797

#### **Family Planning**

Phone: 410-222-7144

Comprehensive birth control services and supplies Free pregnancy testing

#### **Maternity Services and Pregnancy Testing**

410-222-7381 Annapolis Health Center

410-222-6625 North County Health Services

FREE Pregnancy Testing

#### **Reproductive Health Services**

Phone: 410-222-7145

Pregnancy planning, pre-conception counseling, contraceptive methods information, health education, physical examinations, Pap tests, breast examinations, STD information and free pregnancy testing.

#### **Adolescent Health Services**

Phone: 410-222-4468

For young women and men under 20 years of age.

Annapolis Health Center 410-222-7381

North County Health Services 410-222-6625

Parole Health Center 410-222-7247

#### **Women's Health Services**

Annapolis Health Center 410-222-7381

North County Health Services 410-222-6625

Parole Health Center 410-222-7247

### **Peoples Community Health Center**

**Phone: 410-467-6040**

[www.Peopleschc.org](http://www.Peopleschc.org)

Six-month and Annual Gynecological Exams

Pap Tests

Colposcopy

Acute and Episodic Care

Complete STD Diagnosis and Treatment

Birth Control Counseling and Prescriptions

Pregnancy Testing

Prenatal and postnatal care on site

Access to free mammograms for eligible women

### **Severna Park Pregnancy Clinic**

**650 Ritchie Hwy**

**Severna Park, MD 21146 US**

410.431.5000

### **Bowie Crofton Pregnancy Clinic**

4341 Northview Drive  
Bowie, Maryland 20716

301.262.1330

<http://www.pregnancyclinic.org/>

All services are FREE of charge.

They provide resources and help to those facing an unexpected pregnancy, as well as provide a range of other services including educational classes and STD testing.

Pregnancy Testing

Ultrasound for Viability

STD Testing

Confidential, Compassionate Care

Medical & Community Referrals

Post-Abortion Counseling

### **SPECIALIZED SERVICES**

#### **BG&E Purple Book**

<http://www.bge.com/portal/site/bge/menuitem.a129bd0631281f9409c031e0da6176a0/>

If you are having difficulty paying bills, the 'Purple Book' can help.

#### **The Cosmetic and Reconstructive Support (CRS) Program**

[http://www.ncadv.org/programs/CosmeticandReconstructiveSupport\\_118.html](http://www.ncadv.org/programs/CosmeticandReconstructiveSupport_118.html)

The Cosmetic and Reconstructive Support (CRS) Program is the only direct service program that the National Coalition Against Domestic Violence (NCADV) Offers survivors cosmetic and reconstructive surgery and dentistry to repair the injuries received from a spouse or intimate partner.

#### **MedBank**

<http://www.medbankmd.org/>

1-877-435-7755

MEDBANK provides access to prescription medications for chronically ill, low-income, underinsured/uninsured Maryland residents.

#### **The MedicAlert® 24-Hour Emergency Response Center**

<https://www.medicalert.org/Main/24hour.aspx>

888-633-4298

Hours: 24hrs/day - 7 days/week

MedicAlert® provides identification and medical information in emergencies.

#### **Passport Health**

<http://www.passporthealthusa.com/main.html>

1-888-499-PASS (7277)

Provider of low-cost immunizations/vaccines

### **EATING DISORDERS SERVICES**

#### **National Association of Anorexia Nervosa & Associated Disorders**

847-831-3438 (long distance)

Hotline hours: Monday-Friday, 9 am-5 pm Central Time

Anorexia, Bulimia & Compulsive Overeating hotline, counseling, national network of free support

All services are free of charge.

<http://www.anad.org/site/anadweb/>

**National Eating Disorders Association**

**1-800-931-2237**

**Live Helpline Hours:**

Monday- Friday: 8:30 am - 4:30 pm Pacific  
referrals to treatment options or support groups

<http://www.nationaleatingdisorders.org>

**Center for Eating Disorders at Sheppard Pratt**

6535 North Charles Street, Suite 300

Baltimore, MD 21204

410-938-5252

[www.eatingdisorder.org](http://www.eatingdisorder.org)

[eatingdisorderinfo@sheppardpratt.org](mailto:eatingdisorderinfo@sheppardpratt.org)

**Eating Disorders Institute of Maryland**

1831-1 F Forest Drive

Annapolis, MD 21403

410-255-9626

**John Hopkins Eating Disorder Program**

600 N. Wolfe Street, Meyer 101

Baltimore, MD 21287

410-955-3863

[www.hopkinsmedicine.org/Psychiatry/Clinical/eatingdisorders.html](http://www.hopkinsmedicine.org/Psychiatry/Clinical/eatingdisorders.html)

[lryan@jhmi.edu](mailto:lryan@jhmi.edu)

**Maria Nemec, LCSW-C**

1507 Ritchie Hwy

Suite 102

Arnold, MD 21012

410-757-9570

**HOMELESS SERVICES**

**Anchor House**

**410-268-0182**

**206 West St. Annapolis, MD 21401**

Transitional shelter, self-sufficiency support services.

**Anne Arundel Department of Social Services**

**410-269-4600**

**410-269-4700 (After hours)**

80 West Street Annapolis, MD 21401

Emergency Placement, food, counseling, case management, & assistance applying for benefits.

**Anne Arundel County EOC**

**410-626-1910**

**410-269-8447 (Northern County)**

Heating & electric bill assistance

**Fouse Center****410-609-1224**

6401 Ritchie Hwy Glen Burnie, MD 21061

Transitional housing for homeless men

**HAVEN****410-224-2437**

Transitional to long-term housing for homeless HIV positive men. (Not an emergency shelter)

**NATIONAL HOTLINES****ABUSE, DOMESTIC VIOLENCE, & SEXUAL ASSAULT****Childhelp USA® National Child Abuse Hotline****1-800-4-A-CHILD® (422-4453)****Hours:** 24 hours a day, 7 days a week

Confidential, toll-free assistance to:

- Children who are being abused
- Frustrated parents who are seeking help
- Adults and children wanting to report cases of abuse
- Adult survivors of child abuse feeling unsafe or suicidal
- Adults requesting parenting tips & info
- Professionals

[http://www.childhelpusa.org/report\\_hotline.htm](http://www.childhelpusa.org/report_hotline.htm)**National Domestic Violence/Child Abuse/  
Sexual Abuse Hotline****800-799-SAFE (7233)****TTY 800-787-3224****Hours:** 24 hours a day, 7 days a week

Crisis intervention and referrals to local services and shelters for victims of partner or spousal abuse.

English and Spanish speaking advocates

<http://www.ndvh.org/>**RAINN National Rape Crisis Hotline****800-656-HOPE (4673)****Hours:** 24 hours a day, 7 days a weekThe Rape, Abuse & Incest National Network (RAINN) <http://www.rainn.org>**CRISIS INTERVENTION & REFERRALS****Boys & Girls Town Suicide and Crisis Line****800-448-3000****(TDD) 800-448-1833****Hours:** 24 hours a day, 7 days a week

Trained counselors provide support for both parents and children suffering from any problem.

<http://www.girlsandboystown.org>**Covenant House Hotline****800-999-9999****Hours:** 24 hours a day, 7 days a week

Crisis line for youth, teens, and families.

<http://www.nineline.org/>

### **The Gay and Lesbian National Hotline**

**1-888-THE-GLNH (1-888-843-4564)**

**Hours:** Monday through Friday 4:00 pm to 12:00 am; Saturday 12:00 noon to 5:00 pm (Eastern Time)

<http://www.glnh.org/>

### **National Runaway Switchboard**

**1-800-RUNAWAY (786-2929)**

**Hours:** 24 hours a day, 7 days a week

Crisis intervention and travel assistance to runaways, Will relay messages to, or set up conference calls with, parents at the child's request.

<http://www.1800runaway.org>

## **EMERGENCY CONTRACEPTION**

### **The National Women's Health Information Center**

U.S. Department of Health and Human Services

Office on Women's Health

<http://www.4woman.gov/faq/econtracep.htm>

Plan B (progestin-only) is sold over-the-counter to women who are 18 years of age or older. Women under the age of 18 will need a prescription.

HIV/STI's

### **National AIDS Hotline**

800-342-AIDS (2437)

TTY: 800-243-7889

**Hours:** 24 hours a day, 7 days a week

Anonymous, confidential information on HIV/AIDS referrals to local hotlines, testing, counseling, and clinical services.

### **National Sexually Transmitted Disease Hotline**

800-227-8922

TTY/TDD: 1-800-243-7889

**Hours:** 24 hours a day, 7 days a week

Anonymous, confidential information on sexually transmitted diseases (STDs), how to prevent them, and referrals to clinical and other services.

## **POISONING**

### **Poison Control Center**

1-800-222-1222

**Hours:** 24 hours a day, 7 days a week

The Maryland Poison Center provides poisoning triage, treatment, education, and prevention services to all Marylanders.

## **SUBSTANCE ABUSE & ALCOHOLISM**

### **AL-ANON (and ALATEEN for younger members)**

1-888-425-2666, in Canada and the USA

**Hours:** Monday - Friday 8:00 am to 6:00 pm (EST)

A self-help recovery program for families and friends of alcoholics.

<http://www.al-anon.org/>

## **SAMHSA's Center for Substance Abuse Treatment**

800-662-HELP (4357)

800-487-4889 (TDD)

877-767-8432 (Spanish)

Hours: 24 hours a day, 7 days a week

Information, support, treatment options and referrals to local rehab centers for any drug or alcohol problem.

<http://findtreatment.samhsa.gov/>

## **SUICIDE PREVENTION**

### **Boys & Girls Town Suicide and Crisis Line**

800-448-3000

(TDD) 800-448-1833

Hours: 24 hours a day, 7 days a week

Problem solving and crisis intervention for both parents and children.

<http://www.girlsandboystown.org>

### **The National Hopeline Network**

1.800.SUICIDE (784-2433)

Hours: 24 hours a day, 7 days a week

Callers to 1.800.SUICIDE reach a trained counselor within two to three rings.

<http://www.hopeline.com/>

### **National Suicide Prevention Lifeline**

800-273-TALK (8255)

TTY number: 1-800-799-4TTY (4889)

Hours: 24 hours a day, 7 days a week

Immediate assistance for individuals in suicidal crisis. <http://www.suicidepreventionlifeline.org/>

## **LOCAL HOTLINES**

### **Anne Arundel County Crisis Response System Community Warmline**

410-768-5522

Hours: 24 hours a day, 7 days a week

The "Community Warmline" links Anne Arundel County Residents in crisis with supportive assistance and linkages to resources within the community.

### **Anne Arundel County Department of Health**

Free and sliding fee scale services; for a full list of resources & services go to:<http://aahealth.org/index.asp>

Monday-Friday 8:00 am to 4:00 pm

HIV/AIDS FREE Anonymous Testing

Phone: 410-222-7108

Sexually Transmitted Diseases Referral & Treatment

Phone: 410-222-7256

Emergency Contraception Variable hours, call for appointment

Annapolis: 410-222-7381

Parole: 410-222-7247

North County: 410-222-6625

## **Anne Arundel County Sexual Assault Crisis Center Hotline**

(410) 222-7273

(410-222-RAPE)

Hours: 24 hours a day, 7 days a week

The YWCA operates the sexual assault crisis hotline, provides crisis intervention and counseling for adults, children, and families and accompaniment for sexual assault victims to a hospital, medical provider, or legal proceedings.

## **First Call for Help**

(410) 685-0525 in the greater Baltimore dialing area

(800) 492-0618 outside Baltimore

(410) 685-2159 TTY

Hours: 24 hours a day, 7 days a week

United Way of Central Maryland links callers with health and human services.

<http://www.uwcm.org/how/firstcall.cfm>

## **House of Ruth**

Local & State of Maryland: 410-889-7884

Hearing Impaired: 711 (Maryland Relay)

Legal Hotline: 1-888-880-7884

Spanish Language Line: 410-554-8480

<http://www.hruth.org/>

Hours: 24 hours a day, 7 days a week

Crisis counseling, safety planning, information, referral and pro-active advocacy for domestic violence victims, their families, and friends.

This is also a helpline for those who just need someone to talk to.

## **YWCA Domestic Violence Hotline**

(410) 222-6800

Hours: 24 hours a day, 7 days a week

24-hour domestic violence hotline and emergency shelter, legal services, and counseling for victims of domestic violence.

*Anne Arundel Community College Health Services Health & Wellness Resource Guide is for informational purposes only, it is not intended as a substitute for medical care. This is not a complete listing of all available resources, and inclusion does not imply endorsement.*

*AACC is an equal opportunity, affirmative action, Title IX, ADA Title 504 compliant institution. Call Disability Support Services, 410-777-2306 or Maryland Relay 711, 72 hours in advance, to request special accommodations. For information regarding Anne Arundel Community College's compliance and complaints concerning discrimination or harassment, call 410-777-7432 or Maryland Relay 711.*